

SCG Legal Launches Wellness Collaboration for its Law Firm Members **#SCGThrive to Feature Added Support for Mind, Body & Spirit Amidst COVID-19**

April 6, 2020 (Washington, DC) – [SCG Legal](#), a global network of nearly 10,000 lawyers in more than 110 independent law firms, is pleased to announce the launch of #SCGThrive, a collaboration with Wisnik Well-Being, a new division of [Wisnik Career Enterprises](#). An extension of SCG Legal’s unwavering commitment to the wellness of each member firm’s professionals, their family members and clients, #SCGThrive will help address eminent well-being issues inherent in the legal profession, many of which are intensifying under the global pandemic and stay-at-home requirements.

#SCGThrive is grounded in five main pillars: Work-Life Balance, Stress Management, Authentic Connections, Healthy Habits and Mindfulness. These pillars will feature a mixture of instructional webinars, proactive tool kits, practical resources and motivational activities to support a healthy, productive and balanced life. There will also be incentives for participants to achieve specific program goals.

The collaboration begins with a six-part webinar series starting April 13, 2020, which will include speakers from SCG Legal, Wisnik and outside health and wellness professionals. The series will continue with a new webinar available every other Monday, addressing such topics as:

- A Stress-Resilience Workspace: Moving from Surviving to Thriving While Working from Home
- Virtual Team Building Activities
- Healthy Habits for Continued Professional and Personal Growth
- Healthy Work Engagement vs. Burning Out
- The Six Human Needs and Seven Habits of Highly Effective People

Alina Gorokhovskiy, SCG Legal’s Chief Executive Officer, noted, “The legal profession is fundamentally high pressure and there can be a tendency for individuals to minimize or ignore their own wellness in order to focus on the demands of work and family. We are launching #SCGThrive to help everyone have access to the tools they need to not just survive under the current COVID-19 related stressors, but to succeed in achieving the level of work-life balance we all deserve now and in the future.”

Coinciding with its mission, #SCGThrive will include a member-driven Resource Center that will feature suggested best practices, case studies and templates, as well as recommendations for apps, books, articles, activities and virtual events to promote a community-shared focus on maintaining optimal physical, mental, professional and emotional wellness.

Gorokhovsky said the COVID-19 crisis is also offering the legal industry unprecedented opportunities to work on those ‘one day, someday’ lists, noting that, “While we are no longer commuting, now is a great time—especially as we increase our virtual connectivity—for individuals to strengthening their soft skills in areas as such team building, problem solving, communication, management, leadership and client service.”

Gorokhovsky anticipates #SCGThrive will help many professionals who feel these are areas of opportunity for improvement, and if addressed, will have lasting, positive impacts on their personal and professional lives.

Eva Wisnik, President of Wisnik Career Enterprises, noted, “I am delighted to work with SCG Legal to provide the organization’s member community with practical tools and strategies for maintaining their well-being, especially during challenging times!”

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About SCG Legal: *Founded in 1989, SCG Legal is a global association of more than 110 independent law firms with both legal and public policy practices serving businesses in 50 U.S. state capital cities and the District of Columbia, as well as capital cities and major commercial centers in more than 50 countries. There are nearly 10,000 attorneys practicing in SCG Legal member firms, and more than 6,000 attorneys in the U.S. member firms alone. The firms count among their members numerous former governors, attorneys general and state legislative and administrative agency leaders. For more information, please visit www.scglegal.com.*

About Wisnik Well-Being: *Eva Wisnik launched Wisnik Career Enterprises in 1996 to help law firms find and train their talent. Over the past 25 years, she has worked with more than 80 of the AmLaw firms, placed more than 800 professionals and conducted more than 700 training programs. Eva holds an MBA in Marketing from Fordham University and a BA in Psychology from Barnard College. She is certified in the Myers-Briggs Type Indicator and Covey Time Management System and has completed 260 hours of Tony Robbins Coaching. Eva is currently enrolled in the Institute for Integrative Nutrition Health Coaching Certificate Program. Her goal with the Wisnik Well-Being webinar series is to share her learnings with others so they can lead the most successful and fulfilling lives possible. For more information, please visit www.wisnik.com.*

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